



The Chatter

Menasha Senior Center Newsletter

November 2021

Dear Members,

Gobble gobble! Turkey month is here! We are so thankful to have been open for five months now and are so happy to see our members interacting and having a great time with friends at the Senior Center. Please save the date, December 7, for our 40th Anniversary open house! We will be hosting a free brunch, door prizes, crafts and bingo! More information to come in the December Chatter.

We would like to say thank you to all of the Veterans in our community! We appreciate your service and would like to treat our veterans to a free donut on November 11. Stop into the Senior Center during our open hours for a treat!

Sincerely,

Chloe Hansen-Dunn, Menasha Recreation/Senior Services

See what's happening!
Fall activities, bingo, self-care fair, Breakfast for the Brain and more!

Menasha Senior Center
116 Main Street
Menasha, WI 54952



Menasha Senior Center Mission: Maintain and enhance the quality of life of older adults by providing educational, recreational, social and wellness programs and to meet the needs as requested by the community.

Values: Opportunities, Friendships, Health and Learning.

Menasha Senior Center

116 Main Street, Menasha, WI 54952

Hours: Monday-Friday 8:00am-1:00pm

Contact: seniorcenter@ci.menasha.wi.us

920-967-3530

Chloe Hansen-Dunn - Recreation/Senior Services Manager

920-967-3530, chansen-dunn@ci.menasha.wi.us

Leah McCormick - Senior Activity Coordinator

920-967-3530, Lmccormick@ci.menasha.wi.us

Meghan Pauly - Public Health Nurse

920-967-3520, mpauly@ci.menasha.wi.us

Committee on Aging

The Menasha Committee on Aging acts as the mechanism through which the voices of senior citizens can be heard on any and all issues. The committee meets on the second Friday of the month at 1:00pm at the Menasha City Center.

If you have an interest in becoming a committee member please pick up or request an application at the Menasha Health Department or the front desk of the Senior Center.

Home Delivered Meals

Meals are currently delivered Monday - Friday for anyone over the age of 60. Weekend freezer meals are available. The suggested donation per meal is \$3.75. Meal reservations can be made by calling 920-725-2791. Please call 24 hours in advance.



Books Delivered to Your Home

The Menasha Public Library provides book delivered to your home for anyone who is not able to pick up books at the library. Call 920-967-3690 to arrange for this service.



One-on-One Technology Help

When: Every Wednesday

8:00am - 11:00am

Location: MSC

Fee: None

Call 920-967-3530 for appointment.

Bring your own technology and a YMCA representative will help with your needs. Each appointment is one hour. Schedule one appointment or several appointments. Previous participants have worked on device connections, emailing, texting, video calling, online safety and more.



Dial-A-Ride

The Dial-A-Ride program is available to Menasha and Neenah residents age 60 plus. Call the Menasha Senior Center at 920-967-3530 for an application. Completed applications can be turned in at Neenah City Hall or the Menasha Senior Center and ride tickets will be issued. For fare costs, call Fox Valley Cab at 920-734-4546



Do you have a talent or skill you would like to share? We are looking for volunteers who would like to share their talents with others at the Senior Center.

Lead or assist the leader of a group through your favorite project or topic of interest. We are especially in need of **BINGO CALLERS**.

If interested, please call us at 920-967-3530 to talk about how you would like to volunteer.





November Special Events

Come on in as we celebrate the beginning of the holiday season with fun activities!



November 2, 11:00am - 12:30pm
and

November 19, 11:00am - 12:30pm

Come gobble with us at the Senior Center for our Thanksgiving themed bingo.

Where: MSC

Fee: suggested \$2.00 donation

Brought to you by:



In pursuit of happiness

We are in need of bingo callers! In order to offer this amazing activity, we need our awesome volunteers to call bingo. It does not have to be every month or week, any day you can offer we would greatly appreciate it!



Turkey Craft Time

Join us for a great Thanksgiving craft. Make a turkey out of string to display and reuse each year or give as a cute gift!

When: November 11, 11:00am - 12:30pm

Where: MSC

Fee: suggested \$1.00 donation



Card Making

Tis the season! Join us at the Senior Center for a card making class. Bring along a friend and enjoy.

When: November 16, 11:00am

Where: MSC Fee: None

To register for a class:

Online: menasha.recdesk.com

Email: menashaseniorcenter@ci.menasha.wi.us

Call: 920-967-3530

In person: Menasha Senior Center, 116 Main St., Menasha

Self-Care Fair Event comes to the Senior Center!

When: November 18, 10:00am - 1:00pm Location: MSC Fee: No charge

Join us at the Senior Center for a Self-Care Fair, presented by UW Oshkosh Nursing students. Enjoy the self-care booths and learn about how you can improve your health. At the same time, treat yourself to a free 10-minute chair massage!



Learn about:

- Substance abuse screening
- Memory screening presented by Winnebago County Aging and Disability Resource Center
- Medication drop-off information
- Nutrition ideas - healthy snacks on a budget, food pyramid, MyPlate, cardiovascular and education
- Creative activity outlets - decorations, turkeys, trivia, pen pals with the Boys and Girls Club



A FREE 10-minute chair massage will be available by appointment starting at 9am. Last appointment will be at 12:45. Please call ahead to reserve an appointment time at 920-967-3530.

“Easy Fall Snacks for Brain Health” presented by Mack Hansen-Dunn, Registered Dietician

When: November 5, 11:30am - 12:30pm Location: MSC Fee: No charge

Bring your own lunch and enjoy this unique presentation! Food samples will be available.

Come join us for November’s Lunch and Learn as we welcome Mack Hansen-Dunn (MS, RDN, CD) to the Senior Center for a discussion on food and brain health. Mack is a local Registered Dietitian Nutritionist who loves helping all persons get into the kitchen and learn how to use food as a tool for promoting health and wellness. Dive in with Mack and learn about specific nutrients that support your brain, along with tips to get them onto your plate more often. This is sure to be a session to remember!



Valley VNA Foot Care Clinic

Don’t tiptoe around the importance of your foot health! Keeping your feet healthy is vital to your health.



Call 920-727-5555 for an appointment.

Foot Care Clinics will resume at the Menasha Senior Center in 2022. Please contact us if you have any questions at 920-67-3530.

Blood Pressure Checks

When: November 2, 12, 16
10:00am - 11:00am

Location: MSC Wellness Room

Call 920-967-3530 for an appointment



Make an appointment up until the time of the event with Nurse Meghan Pauly, BSN, RN for a blood pressure check or to talk through any health-related questions.

To register for a class:

Online: menasha.recdesk.com

Email: menashaseniorcenter@ci.menasha.wi.us

Call: 920-967-3530

In person: Menasha Senior Center, 116 Main St., Menasha

Rug Hookers

When: November 10, 2nd Wednesday of month
6:00pm - 9:00 pm

Where: MSC

If you would like to get out for a few hours in the evening, join our Rug Hookers Club. We craft using traditional rug hooking techniques, not latch hook.

Word Games

When: Tuesdays, 11:00am - 1:00pm

Location: MSC

New this month is Word Games. Bring in a word game or see if we have it at the center for a group to play! Scrabble, Boggle, Bananagrams, or any game you can think of. We hope to see you at Word Games!

Thank You**Veterans Day is November 11!**

We would like to say thank you to all of the Veterans in our community! We appreciate your service and would like to treat our veterans to a free donut on November 11. Stop into the Senior Center during our open hours for a treat!

Looking for easy ways to meet other Center participants?

Check out these fun opportunities...

Breakfast for your Brain

When: Every Thursday

When: 8:45am - 9:30am

Location: MSC



We would love for you to join us! Partake in an activity that is chosen as a way to engage your mind while you enjoy breakfast and a cup of coffee. Topics range from nature and exercise to brain twisters and creative projects. Join the group in person or virtually from home.

SALT - Seniors and Law Enforcement Together

When: November 23rd, 4th Tuesday of month

When: 12:00pm - 1:00pm

Location: MSC

SALT is an informal discussion with the Menasha community liaison police officer. Topics include ongoing issues that may affect you on a local, regional and national basis. All are welcome!

Card Playing

As card players are coming in, please be aware that not all groups have returned. If you know someone that was playing cards, please help us spread the word that we are now open to card playing and bring them along with you! We hope to see members back to playing cards as the days get cooler! If you want to play a game that we do not have on the calendar- no worries! Come on in with a friend or two and start up a new card game.

**To register for a class:**

Online: menasha.recdesk.com

Email: menashaseniorcenter@ci.menasha.wi.us

Call: 920-967-3530

In person: Menasha Senior Center, 116 Main St., Menasha

Stretch, Strength & Balance (YMCA)

When: Every Monday

11:00am—11:45am

Location: MSC

A great class to get your exercise groove on and improve your flexibility and strength.

Purchase a punch card at the front desk, or scan in with your YMCA membership card.

YMCA Exercise Class Costs

Y Member	FREE
General Public—non YMCA members	Punch Cards for \$10.50 (14 visits) or \$21.00 (28 visits)

Punch Cards can be purchased at the Menasha Senior Center or Neenah Menasha YMCA.

Volunteer instructors needed for beginning line dance class.

We are in search of beginning line dance instructors who know the current dances. It could be a co-instructor position or individual position. If you are interested, please call 920-967-3530.

Line Dancing

This is a low impact class and great way to exercise and socialize as well. There are a few openings so join in the fun!

Location: MSC

Beginner Class: Every Monday

8:00am - 8:30am New beginners

8:30am - 10:30am All beginners

Intermediate Class: Every Wednesday

9:00am -10:30am High intermediate

Chair Yoga YMCA (Wait list available)

When: Every Thursday, 11:00am—11:45am

Location: MSC

The instructor will guide you through the motions while standing or sitting.

Purchase a punch card at the front desk, or scan in with your YMCA membership card.

Square Dance

When: Every Monday

6:30pm—8:00pm

Location: MSC

Classes run through December.

This is an opportunity to learn how to square dance and have fun socializing at the same time.



A special thank you to those who have donated prizes, Halloween candy, and other items to the Senior Center. We are so grateful for our participants and their dedication



In celebration of Thanksgiving, the Senior Center will be closed on Thursday, November 25 and Friday, November 26.

Joke: What key has legs and can't open a door? Answer: Turkey

To register for a class:

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Email: menashaseniorcenter@ci.menasha.wi.us

Call: 920-967-3530

In person: Menasha Senior Center, 116 Main St., Menasha

Take Control of Your Financial Future

When: November 16

11:30am—12:30pm

Where: MSC

Fee: None Snacks provided



Balancing your expenses now can help you reach your financial goals later. Learn about setting personal financial goals, balancing saving, spending and borrowing and strategies for controlling debt and improving your credit score.

Call 920-967-3500 to register for this seminar.

Brought to you by Edward Jones.

ADVOCAP's Senior Friend Participants

If you are **18 or older**, enjoy talking with older adults, listening to real life stories, discussing the weather, movies, trips and more, ADVOCAP has many older adults in our Nutrition Program as well as other seniors who live alone and are homebound who would enjoy hearing from you. Volunteers can change lives by just calling once a week to say, "hello, how are you doing?". We are pretty sure you will find that forming this friendship will give you endless benefits as well.

Give us a call at 920-273-5570 to learn more about the enrollment process and how we match volunteers with participants to form a friendship.

Menasha Senior Center

- Bingo prizes
- Copy paper - 8 1/2 x 11
- Set of dinner plates
- Arts and crafts supplies
- Wine bottles
- Volunteers for events
- Clear plastic lids from Pringles, etc.



Fox Valley Memory Project: Memory Café

Memory Cafés are social events for people with memory loss and their caregivers. The Fox Valley Memory Project is holding in-person Memory Cafes with physical distancing and mask wearing.

Next Memory Café: Veteran's Day Storytelling

When: November 17, 1:30pm - 3:00pm

Where: Menasha Public Library

Registration is required for all in-person events due to capacity limitations. Register online at co.winnebago.wi.us/adrc or call 920-225-1711.

The Menasha Senior Center is available for rent for parties, anniversaries, baby showers & more!

The Senior Center offers a large room for rent for both large and small events. It's a great place for events of any type. We've hosted anniversaries, birthdays, baby showers, celebrations of life and more. Our facility offers a large spacious room and access to a full kitchen if desired. To learn more about our rental facility, call 920-967-3530 or email menashaseniorcenter@ci.menasha.wi.us or stop by the Senior Center.



Baby Showe



November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1. Beginner Line Dancing 8:30am Strong Bodies 9:30 Pinochle 10:30 Stretch, Strength & Balance 11am Square Dancing 6:30pm	2. Tai Chi 9am Blood Pressure Checks 10am Bingo 11am Word Games 11am	3. Tech 1:1 8am Intermediate Line Dancing 9am Dominos 10am	4. Breakfast for your brain 8:45 Strong Bodies 9:30 Hand & Foot 10am Chair Yoga 11am Cribbage 11am	5. Mahjong 9am Quilting 10am Knitting 10am Lunch N'Learn 11:30am
8. Beginner Line Dancing 8:30am Strong Bodies 9:30am Pinochle 10:30am Stretch, Strength & Balance 11am Square Dancing 6:30pm	9. Tai Chi 9am Blood Pressure Checks 11am Word Games 11am	10. Tech 1:1 8am Intermediate Line Dancing 9am Dominos 10am Rug Hookers 6pm	11. Breakfast for your brain 8:45am Strong Bodies 9:30 Hand & Foot 10am Thanksgiving String Craft 10:30am Chair Yoga 11am Cribbage 11am Veterans Day Donuts	12. Mahjong 9am Quilting 10am Knitting 10am Blood Pressure Checks 10am
15. Beginner Line Dancing 8:30am Strong bodies 9:30am Pinochle 10:30am Stretch, Strength & Balance 11am Square Dancing 6:30pm	16. Tai Chi 9am Blood Pressure Checks 10am Card Making 11am Word Games 11am Saving & Spending Presentation 11:30am	17. Tech 1:1 8am Intermediate Line Dancing 9am Dominos 10am	18. Breakfast for your brain 8:45am Strong Bodies 9:30 Hand & Foot 10am Self-Care Fair 10am Chair Yoga 11am Cribbage 11am	19. Mahjong 9am Quilting 10am Knitting 10am Bingo 11am
22. Beginner Line Dancing 8:30 Strong Bodies 9:30 Pinochle 10:30 Stretch, Strength & Balance 11am Square Dancing 6:30pm	23. Tai Chi 9am Word Games 11am SALT 12pm	24. Tech 1:1 8am Intermediate Line Dancing 9am Dominos 10am	25. CLOSED Enjoy your Thanksgiving!	26. CLOSED
29. Beginner Line Dancing 8:30am Strong Bodies 9:30am Pinochle 10:30am Square Dancing 6:30pm	30. Blood Pressure Checks 11am Word Games 11am			